

## High School Level

**Health Education** is classroom instruction that addresses the physical, mental, emotional, and social dimensions of health, develops health knowledge, attitudes, and skills; and is tailored to each age level. Health education is designed to motivate and assists students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

The goal of **Physical Education** is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Physical activity is critical to the development and maintenance of good health.

### A. REQUIREMENTS – Health Education and Physical Education

1. As it applies to your school or school district, how many total credits of **Health Education** and/or **Physical Education** are required at each grade level in order to meet the high school graduation requirement. (I.e. .5 credit of Health Education, 1.0 credit of Physical Education, .5 credit of Health or Physical Education.) **This chart will be further analyzed in order to provide more accurate details.**

Grade Level	Health Education (# of credits required )	Physical Education (# of credits required )	Health Education <u>OR</u> Physical Education (# of credits required)
<b>Not Grade Level specific</b> (Must be completed prior to graduation.)	<b>0 (1)</b> <b>.5 (5)</b>	<b>0 (1)</b> <b>.5 (5)</b> <b>1 (3)</b>	<b>.5 (12)</b> <b>1 (4)</b>
<b>9</b>	<b>0 (3)</b> <b>.5 (12)</b>	<b>0 (2)</b> <b>.5 (12)</b> <b>1 (2)</b>	<b>0 (2)</b> <b>.5 (6)</b> <b>1 (4)</b>
<b>10</b>	<b>0 (4)</b> <b>.5 (3)</b>	<b>0 (3)</b> <b>.5 (3)</b> <b>1 (1)</b>	<b>0 (2)</b> <b>.5 (4)</b> <b>1 (1)</b>
<b>11</b>	<b>0 (4)</b> <b>.5 (1)</b>	<b>0 (3)</b> <b>.5 (1)</b> <b>1 (1)</b>	<b>0 (2)</b> <b>1 (1)</b>
<b>12</b>	<b>0 (4)</b> <b>.25 (1)</b>	<b>0 (2)</b> <b>.25 (1)</b> <b>.5 (2)</b> <b>1 (1)</b>	<b>0 (2)</b> <b>1 (1)</b>

## **B. METHOD OF DELIVERY – Health Education**

A **required** health education course is one that is taught as an independent subject (semester-, quarter-, or year-long unit of instruction). It is not health education lessons integrated into other subjects.

2. As it applies to your school or school district, please check all sections below that apply for the corresponding school grade levels in regard to **who** is teaching required **Health Education**.

<b>Grade Level</b>	<b>Health Education is taught by the general classroom teacher. (I.e. Biology, FACS, Science.)</b>	<b>Health Education is taught by the Health and/or Physical Education teacher.</b>	<b>Health Education is taught by other staff. (Please identify by title. I.e. Counselor, Nurse, etc.)</b>
<b>Not Grade Level Specific</b> (Must be completed prior to graduation.)	<b>5.4% (3 of 56)</b>	<b>23.2% (13 of 56)</b>	<b>0.0% (0 of 56)</b>
<b>9</b>	<b>5.4% (3 of 56)</b>	<b>30.4% (17 of 56)</b>	<b>0.0% (0 of 56)</b>
<b>10</b>	<b>7.1% (4 of 56)</b>	<b>12.5% (7 of 56)</b>	<b>0.0% (0 of 56)</b>
<b>11</b>	<b>7.1% (4 of 56)</b>	<b>4.0% (2 of 56)</b>	<b>0.0% (0 of 56)</b>
<b>12</b>	<b>7.1% (4 of 56)</b>	<b>2.0% (1 of 56)</b>	<b>0.0% (0 of 56)</b>

### C. FREQUENCY – Health Education

3. As it applies to your school or school district, please provide information about the **frequency** in which **Health Education** is taught for each corresponding school grade level. **The number in parenthesis are exact values of surveys that were returned. A percentage is not provided.**

Grade Level	Average Minutes/Day (# responses)	Average Days/Week (# responses)	Average Weeks/Year (# responses)
<b>Not Grade Level Specific</b> (Must be completed before graduation. )	<b>71.6 minutes (12)</b>	<b>3.6 days (11)</b>	<b>23.3 weeks (12)</b>
<b>9</b>	<b>63.5 minutes (16)</b>	<b>2.9 days (18)</b>	<b>21.6 weeks (19)</b>
<b>10</b>	<b>55.0 minutes (6)</b>	<b>2.0 days (9)</b>	<b>27.2 weeks (9)</b>
<b>11</b>	<b>55.0 minutes (4)</b>	<b>2.6 days (4)</b>	<b>18.5 weeks (4)</b>
<b>12</b>	<b>45.7 minutes (3)</b>	<b>1.5 days (3)</b>	<b>18.7 weeks (3)</b>

### D. BARRIERS – Health Education

A “**quality**” Health Education program is highly interactive and provides ways for students to personalize information and skills so that it is immediately relevant to their lives.

4. As it applies to your school or school district, please indicate a primary (#1) and a secondary (#2) barrier to the implementation of quality **Health Education**.

Barrier	Primary	Secondary
<b>Funding</b>	<b>32.7% (16 of 49)</b>	<b>28.6% (14 of 49)</b>
<b>Support</b>	<b>2.0% (1 of 49)</b>	<b>12.2% (6 of 49)</b>
<b>Time</b>	<b>55.1% (27 of 49)</b>	<b>24.5% (12 of 49)</b>
<b>Facilities</b>	<b>4.1% (2 of 49)</b>	<b>18.4% (9 of 49)</b>
<b>Qualified Staff</b>	<b>18.4% (9 of 49)</b>	<b>18.4% (9 of 49)</b>
<b>Other</b>	<b>4.1% (2 of 49)</b>	<b>0.0% (0 of 49)</b>

### **E. METHOD OF DELIVERY – Physical Education**

A **required** physical education course is taught as an independent subject (semester-, quarter-, year-long unit of instruction). It is not physical activity lessons integrated into other subjects. It is not recess, intramural activities, open gym, physical activity clubs, or school sports.

5. As it applies to your school or school district, please check all that apply for the corresponding school grade level in regard to **who** is teaching required **Physical Education**.

<b>Grade Level</b>	<b>Physical Education is taught by the Health and/or Physical Education Teacher.</b>	<b>Physical Education is taught by other staff. (Please identify by title. I.e. Biology, Computer, etc.)</b>
<b>Not Grade Level Specific</b> (Must be completed prior to graduation.)	<b>33.9% (19 of 56)</b>	<b>3.6% (2 of 56)</b>
<b>9</b>	<b>41.1% (23 of 56)</b>	<b>0.0% (0 of 56)</b>
<b>10</b>	<b>19.6% (11 of 56)</b>	<b>0.0% (0 of 56)</b>
<b>11</b>	<b>5.4% (3 of 56)</b>	<b>0.0% (0 of 56)</b>
<b>12</b>	<b>14.3% (8 of 56)</b>	<b>0.0% (0 of 56)</b>

## **F. FREQUENCY – Physical Education**

6. As it applies to your school or school district, please provide information about the frequency in which **Physical Education** is taught for each corresponding school grade level.

<b>Grade Level</b>	<b>Average Minutes/Day (# responses)</b>	<b>Average Days/Week (# responses)</b>	<b>Average Weeks/Year (# responses)</b>
<b>Not Grade Level Specific</b> (Must be completed prior to graduation.)	<b>66.8 minutes (16)</b>	<b>4.2 days (16)</b>	<b>25.9 weeks (18)</b>
<b>9</b>	<b>61.2 minutes (18)</b>	<b>3.5 days (21)</b>	<b>25.0 weeks (20)</b>
<b>10</b>	<b>67.1 minutes (7)</b>	<b>3.6 days (11)</b>	<b>28.5 weeks (11)</b>
<b>11</b>	<b>70 minutes (2)</b>	<b>3.2 days (3)</b>	<b>35.3 weeks (3)</b>
<b>12</b>	<b>69.5 minutes (6)</b>	<b>3.6 days (7)</b>	<b>29.0 weeks (8)</b>

## **G. BARRIERS – Physical Education**

A “**quality**” Physical Education program provides learning experiences that meet student’s developmental needs, which in turn helps to improve their mental alertness, academic performance, and readiness and enthusiasm for learning. It includes the following components: opportunities to learn, meaningful content and appropriate instruction.

7. As it applies to your school or school district, please indicate a primary (#1) and a secondary (#2) barrier to the implementation of quality **Physical Education**.

<b>Barrier</b>	<b>Primary</b>	<b>Secondary</b>
<b>Funding</b>	<b>37.5% (18 of 48)</b>	<b>27.1% (13 of 48)</b>
<b>Support</b>	<b>4.2% (2 of 48)</b>	<b>10.4% (5 of 48)</b>
<b>Time</b>	<b>50.0% (24 of 48)</b>	<b>25.0% (12 of 48)</b>
<b>Facilities</b>	<b>16.7% (8 of 48)</b>	<b>14.6% (7 of 48)</b>
<b>Qualified Staff</b>	<b>8.3% (4 of 48)</b>	<b>22.9% (11 of 48)</b>
<b>Other</b>	<b>2.1% (1 of 48)</b>	<b>0.0% (0 of 48)</b>

**Other Comments:**

- Really nothing else
- Separate class is not required
- Student numbers
- Prioritization of required courses
- Student interest in other courses
- Technology
- Only so many periods in a day
- Health Ed. is provided by qualified staff ofr .5 credits in 9<sup>th</sup> grade. None of the above apply for #1 or #2
- We cover in depth in Jr. High
- However, we do feel that we offer a quality health ed. program